

# Archer CAT Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

**Remember:** successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## **1. Start with a Diagnostic Review**

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## **2. Study in Short, Focused Sessions**

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## **3. Learn from the Explanations**

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## **4. Track Your Progress**

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## **5. Simulate the Real Exam**

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## **6. Repeat and Review**

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## Questions

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- 1. What is an expected side effect of anticholinergics that clients with glaucoma should avoid?**
  - A. Hypertension**
  - B. Dry mouth**
  - C. Increased intraocular pressure**
  - D. Cardiac irregularity**
  
- 2. What medication is commonly prescribed for Generalized Anxiety Disorder?**
  - A. Haloperidol**
  - B. Fluphenazine**
  - C. Buspirone**
  - D. Methylphenidate**
  
- 3. How can visual aids improve performance in the Archer CAT?**
  - A. By distracting from the questions**
  - B. By enhancing understanding and retention**
  - C. By increasing writing speed**
  - D. By complicating the test process**
  
- 4. What immediate action should a nurse take for a client with an elevated number of crackles in the lungs post-myocardial infarction?**
  - A. Obtain a troponin level**
  - B. Notify the healthcare provider**
  - C. Document findings and continue monitoring**
  - D. Start cardiac rehabilitation**
  
- 5. What is an example of a question format used in the Archer CAT Practice Test?**
  - A. Essay writing prompts**
  - B. Interviews with professionals**
  - C. Multiple-choice questions and true/false statements**
  - D. Group project presentations**

- 6. Identifying risk factors for congenital heart defects, which maternal infection should be assessed?**
- A. Adenovirus**
  - B. Parainfluenza**
  - C. Rubella**
  - D. Measles**
- 7. Which condition is characterized by bone softening from insufficient levels of a specific vitamin?**
- A. Osteoporosis**
  - B. Osteomalacia**
  - C. Osteomyelitis**
  - D. Rickets**
- 8. What should a nurse monitor after administering fresh frozen plasma to ensure patient safety?**
- A. Electrolyte levels**
  - B. ABO compatibility**
  - C. Vital signs**
  - D. Fluid balance**
- 9. Which hormone is increased during a major burn?**
- A. Insulin**
  - B. Epinephrine**
  - C. Estrogen**
  - D. Cortisol**
- 10. Which organ is affected in Reye syndrome?**
- A. Heart**
  - B. Kidney**
  - C. Liver**
  - D. Lungs**

## Answers

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1. C
2. C
3. B
4. B
5. C
6. C
7. B
8. B
9. B
10. C

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## **Explanations**

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**1. What is an expected side effect of anticholinergics that clients with glaucoma should avoid?**

- A. Hypertension**
- B. Dry mouth**
- C. Increased intraocular pressure**
- D. Cardiac irregularity**

Anticholinergics can lead to increased intraocular pressure, which is particularly concerning for clients with glaucoma. These medications work by blocking the action of acetylcholine, a neurotransmitter that is involved in various bodily functions, including those that regulate eye pressure. In individuals with glaucoma, an increase in intraocular pressure can exacerbate their condition, possibly leading to vision loss or other serious complications. Therefore, it is crucial for clients with glaucoma to avoid anticholinergic medications to prevent this side effect, making the link between anticholinergics and increased intraocular pressure a significant consideration in their treatment plans.

**2. What medication is commonly prescribed for Generalized Anxiety Disorder?**

- A. Haloperidol**
- B. Fluphenazine**
- C. Buspirone**
- D. Methylphenidate**

Buspirone is commonly prescribed for Generalized Anxiety Disorder (GAD) because it specifically targets anxiety symptoms without the sedative effects that other medications might produce. Unlike benzodiazepines, which can lead to dependence and have sedative properties, buspirone works as an anxiolytic that helps to alleviate anxiety over time without causing immediate sedation. It is often chosen for its favorable side effect profile and its ability to be used for long-term management of anxiety disorders. In contrast, haloperidol and fluphenazine are antipsychotic medications typically used to treat schizophrenia and other related disorders, not GAD. Methylphenidate is a stimulant primarily used to treat Attention Deficit Hyperactivity Disorder (ADHD) and is not indicated for anxiety treatment. This makes buspirone the appropriate choice for managing symptoms of Generalized Anxiety Disorder effectively.

**3. How can visual aids improve performance in the Archer CAT?**

- A. By distracting from the questions**
- B. By enhancing understanding and retention**
- C. By increasing writing speed**
- D. By complicating the test process**

Visual aids can significantly enhance understanding and retention of information during the Archer CAT. They allow test-takers to process complex concepts more easily by breaking down information into more digestible visual formats. When learners can see data represented through charts, graphs, or diagrams, they are more likely to understand relationships and trends that might be less clear through text alone. Additionally, visual aids can serve as memory cues, helping students recall related information during the test. This dual engagement of visual and cognitive processing leads to improved comprehension and better performance overall. By making the material more accessible and easier to navigate mentally, visual aids facilitate a deeper connection to the questions being asked, ultimately supporting effective test-taking.

**4. What immediate action should a nurse take for a client with an elevated number of crackles in the lungs post-myocardial infarction?**

- A. Obtain a troponin level**
- B. Notify the healthcare provider**
- C. Document findings and continue monitoring**
- D. Start cardiac rehabilitation**

In the context of a client with an elevated number of crackles in the lungs following a myocardial infarction, notifying the healthcare provider is the appropriate immediate action. The presence of crackles may indicate fluid buildup in the lungs, which can be a sign of heart failure or pulmonary edema, conditions that can arise after a heart attack. By notifying the healthcare provider, the nurse ensures that rapid assessment and intervention can occur, as the situation may require adjustments in the client's treatment plan, such as diuretics or other medications to relieve fluid overload. This step is crucial to prevent further complications and to ensure the patient receives timely care for any developing issues related to their cardiac health. Other options may be necessary but are not immediate priorities. For instance, monitoring and documenting findings are essential but do not address the urgency of the situation. Obtaining a troponin level is relevant for assessing myocardial injury but is not an immediate action to address acute changes in lung sounds. Initiating cardiac rehabilitation is part of long-term recovery but not an immediate response to acute changes in the patient's condition.

**5. What is an example of a question format used in the Archer CAT Practice Test?**

- A. Essay writing prompts**
- B. Interviews with professionals**
- C. Multiple-choice questions and true/false statements**
- D. Group project presentations**

The correct answer includes multiple-choice questions and true/false statements, which are commonly found in standardized tests like the Archer CAT Practice Test. This format is advantageous because it allows for a straightforward assessment of a student's knowledge and understanding of the material. Multiple-choice questions can cover a broad range of topics and assess various levels of cognition, from simple recall of facts to application and analysis of concepts. True/false statements are effective for testing specific details or the understanding of binary concepts, making it easy for students to demonstrate their grasp of the material. These formats lend themselves well to automated scoring, providing quick feedback for both students and instructors, which is critical in a practice test environment. This efficiency supports learners in identifying areas where they may need additional review, ultimately enhancing their preparation for actual exams.

**6. Identifying risk factors for congenital heart defects, which maternal infection should be assessed?**

- A. Adenovirus**
- B. Parainfluenza**
- C. Rubella**
- D. Measles**

Congenital heart defects can be influenced by various maternal factors during pregnancy, and one significant risk factor is maternal infection. Among the options provided, rubella is particularly crucial because it has been well-documented that infection with this virus during the first trimester can lead to a variety of congenital anomalies, including heart defects. Rubella can disrupt normal fetal development, particularly affecting the cardiovascular, auditory, and visual systems. The association between rubella infection and congenital heart defects is a key reason why screening for this infection in pregnant women is vital. Vaccination against rubella before pregnancy has been a major public health strategy to decrease the incidence of such heart defects, demonstrating the importance of this virus in maternal and fetal health. While other viral infections, such as adenovirus, parainfluenza, and measles, can pose risks to the fetus, the specific link between rubella and congenital heart defects is one of the most established in the literature. This knowledge underscores the importance of maternal immunity and vaccination in preventing congenital heart defects related to infections during pregnancy.

**7. Which condition is characterized by bone softening from insufficient levels of a specific vitamin?**

- A. Osteoporosis**
- B. Osteomalacia**
- C. Osteomyelitis**
- D. Rickets**

The correct answer is osteomalacia, which refers to the softening of bones due to a deficiency in vitamin D, calcium, or phosphate. This condition affects the bone's mineralization process, leading to weakened bones that can result in pain and an increased risk of fractures. Osteomalacia is specifically related to the inadequate mineralization of bone matrix, often stemming from insufficient vitamin D levels, which is crucial for calcium absorption in the gut. In adults, this results in a loss of bone strength and density, distinct from osteoporosis, which is more associated with bone mass loss and is typically due to aging or hormonal changes. While rickets also involves a vitamin D deficiency and leads to softening of bones, it specifically occurs in children and is characterized by deformities due to impaired bone development. Osteoporosis is characterized by a decrease in bone density and strength, primarily affecting older individuals and is not directly related to a vitamin deficiency. Osteomyelitis, on the other hand, is an infection of the bone, unrelated to vitamin levels. Thus, osteomalacia directly correlates with the condition described in the question regarding bone softening from a deficiency in a specific vitamin.

**8. What should a nurse monitor after administering fresh frozen plasma to ensure patient safety?**

- A. Electrolyte levels**
- B. ABO compatibility**
- C. Vital signs**
- D. Fluid balance**

After administering fresh frozen plasma (FFP), monitoring ABO compatibility is crucial to ensure patient safety. FFP is derived from donated blood and contains clotting factors, proteins, and antibodies. If the FFP is not compatible with the recipient's blood type, it can lead to a serious transfusion reaction. This reaction can manifest in various ways, including fever, chills, and more severe complications such as hemolysis or anaphylactic response. Ensuring ABO compatibility before and during the infusion helps prevent these adverse effects and promotes a safe transfusion experience for the patient. Proper validation of blood type ensures that the patient's immune system does not react against the foreign antigens present in the transfused plasma. This monitoring is a critical part of the transfusion protocol and plays a vital role in patient care.

## 9. Which hormone is increased during a major burn?

- A. Insulin
- B. Epinephrine**
- C. Estrogen
- D. Cortisol

During a major burn, the body experiences significant stress, leading to various physiological responses aimed at maintaining homeostasis and promoting recovery. The hormone that is notably increased is epinephrine, also known as adrenaline.

Epinephrine is produced by the adrenal glands and plays a critical role in the body's fight-or-flight response. In the context of a major burn, the release of epinephrine helps to increase heart rate, blood pressure, and blood flow to vital organs. It also enhances energy mobilization by promoting the breakdown of glycogen to glucose for immediate energy use. This is crucial for survival as the body enters a state of heightened metabolic demand to heal and recover from the trauma of the burn. The other hormones listed have different roles that may not be as relevant in the acute response to a major burn. For example, insulin typically functions to lower blood sugar levels, which wouldn't be prioritized during a stress response. Estrogen primarily regulates reproductive functions and is less involved in the immediate stress response. Cortisol, while also a stress hormone that can increase during prolonged stress and trauma, may not rise to the same extent or speed as epinephrine does immediately after a major burn. Thus, the significant surge of epinephrine is a key factor in

## 10. Which organ is affected in Reye syndrome?

- A. Heart
- B. Kidney
- C. Liver**
- D. Lungs

Reye syndrome primarily affects the liver, leading to severe liver damage. This condition is often associated with viral infections, particularly when aspirin is used to treat symptoms in children. The liver's role in detoxification and metabolizing various substances is impacted, resulting in an accumulation of fat in the liver tissues, hepatic dysfunction, and in some cases, acute liver failure. Additionally, Reye syndrome can also involve the brain, leading to neurological symptoms, but the liver remains the primary organ of concern due to its critical function in maintaining metabolic homeostasis. The other organs listed—heart, kidneys, and lungs—are not the primary targets of Reye syndrome, distinguishing the liver as the correct choice.

## Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://archercat.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**

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